

(Side 2)

ALPHA - List of activities

1. Write down an activity that you performed the last couple of days (write 5 or more altogether).
2. For each activity listed, write down the reason why you performed the activity.
3. Next to the reason, write whether it was a BIOLOGICAL or PSYCHOLOGICAL reason.

-1.	2.	3.
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-1.	2.	3.
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-1.	2.	3.
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-1.	2.	3.
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-1.	2.	3.
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-1.	2.	3.
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-1.	2.	3.
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BRAVO – Reflection

Thinking about the above activities...What motivates you? Why? Explain.